

## The second Part, to the same Tune



**M**AN but a blast, or a smock, or a cloud,  
 That in a thought  
 or a moment is dispersed:  
 Lives but a span, or a tale, or a word  
 that in a trice,  
 on sudden is rehearsed:  
 Popes are chang'd, and thoughts are cross;  
 Will noz will prebaileth  
 Though we laugh and live at ease,  
 change of thoughts assayleth,  
 Though a while fortune smile,  
 and her comforts frowneeth,  
 Yet at length failes her strength,  
 and in fine she frowneeth.

Thus are the joyes of a year in an hour,  
 and of a moneth,  
 in a moment quite expired,  
 But in the night with the word of a noise,  
 croak by the day,  
 of an ease our hearts desired:  
 Fairest blossoms soonest fade,  
 withered soul and rotten,  
 And through griefe our greatest joyes  
 quickly are forgotten:  
 Seeke not then (mortal men)  
 earthly fleeting pleasure,  
 But with pain strive to gaine  
 heabenly lasting treasure.

Earth to the world, as a man to the earth,  
 hath but a point,  
 and a point is soe defaced:  
 Flesh to the soul as a flower to the Sun,  
 that in a storme  
 or a tempest is disgraced:  
 Fortune may the body please,  
 which is onely carnall,

But it wil the soul disease,  
 that is still immortal,  
 Earthly joyes are but ropes,  
 to the soules election,  
 Wholly grace doth deface,  
 mans divine perfection.

Fleishly delight to the earth that is fleshet,  
 may be the cause,  
 of a thousand sweet contentings;  
 But the defaults of a fleshy desire,  
 bzings to the soul  
 many thousand sad tormentings:  
 Be not proud presumptuous man,  
 see thou art a point so base,  
 Of the least and lowest Element:  
 which hath least and lowest place:  
 Marke thy fate and thy fate,  
 which is onely earth and dust,  
 And as grasse, which alas  
 shortly surely perishe must.

Let not the hopes of an earthly desire,  
 bar thee the joyes  
 of an earnest contentation,  
 Nor let thy eye on the world be so fixt,  
 to hinder thy heart  
 from unfained recantation:  
 Be not backward in that course,  
 that may bzing thy soul delight,  
 Though another way may seem  
 far more pleasant to thy sight:  
 Do not go, if he sayes no,  
 That knowes the secrets of thy mind,  
 Follow this thou shalt not misse  
 an endlesse happiness to find.

FINIS.

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